



Mental Health **Workshops & Groups** January & February 2024



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MENTAL HEALTH GROUPS & WORKSHOPS

Group Registration:

Please email reception@maltbycentre.ca for more information about how to register for our Mental Health Groups.

Workshop Registration:

Please see our website at [Maltbycentre.ca/workshop-calendar](https://maltbycentre.ca/workshop-calendar) for more information and to self register for our Mental Health Workshops.

Online Workshops & Groups

All virtual Mental Health Groups will be held over Microsoft TEAMS. You will receive a link to the session a few days ahead of time to the email address you provided when registering.

Beverages & Snacks

Please note, typically we only provide water.

*All Maltby Centre locations are **Peanut and Tree Nut Free**. Please keep this in mind when packing snacks.





SNAP® BOYS & SNAP® GIRLS

What is SNAP®?

SNAP®, which stands for **STOP NOW AND PLAN**, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI). SNAP® helps troubled children and their parents learn how to effectively manage their emotions and 'keep problems small'.

Who should attend SNAP®?

Boys and girls **ages 6-11** experiencing serious behavioural problems at home, at school, with persons in authority, and in the community are referred to these programs.

Presenting problems may include:

- Difficult family relationships
- Physically aggressive behaviour
- Angry outbursts
- Verbally aggressive or defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property



To refer a child please call the Intake department at the Maltby Centre 613-546-8535 ext. 9 or click the get in touch button at the top of our website and fill out a request form.

This program is free of charge.

Parenting Your Anxious Young Child Ages 0-6

4 Week Hybrid Parenting Group
In Person @ Kingston Office – 31 Hyperion Court
or Virtually on TEAMS

Each Tuesday
January 16 - February 6, 2024
12:00PM - 1:00PM

Understand more about:

- ❖ How anxiety develops
- ❖ How to teach your child to face their fears
- ❖ How to use rewards to increase your child's bravery
- ❖ How to use effective parenting strategies
- ❖ How to help your child become more independent

Space is limited.

To register please contact jprior@maltbycentre.ca



MENTAL HEALTH WORKSHOP CALENDAR JANUARY & FEBRUARY 2024

January 11 & 18 - Parenting Your Anxious Child (7+)

Thursday, January 11 & 18, 4:30PM - 7:30PM EST
FREE @ 31 Hyperion Court

January 17 – Emotional Regulation for Parenting Young Children

Wednesday, January 17, 12:00PM - 1:30PM EST
HYBRID (VIRTUAL & IN-PERSON @ 31 Hyperion Court) – FREE

January 17 – Top Tips for Improving Behaviours

Wednesday, January 17, 12:00PM - 2:00PM EST
FREE @ 31 Hyperion Court

January 17 - What's Important to Know about ADHD

Wednesday, January 17, 5:30PM - 7:00PM EST
ONLINE – FREE

February 15 – Top Tips for Improving Behaviours

Thursday, February 15, 6:00PM - 8:00PM EST
ONLINE – FREE

February 15 – Emotional Regulation for Parenting Young Children

Thursday, February 15, 7:30PM - 9:00PM EST
ONLINE – FREE

February 29 – Top Tips for Improving Behaviours

Thursday, February 29, 12:00PM - 2:00PM **or** 5:00PM - 7:00PM
FREE @ 1004 Art Duffy Rd, Sharbot Lake

MENTAL HEALTH WORKSHOP DESCRIPTIONS

Parenting Your Anxious Child (7+)



This 2 part workshop for parents of children 7 – 18 is designed to:

- Explore what anxiety is and how it could impact your children/youth
- Teach parenting strategies to help support your children/youth manage anxiety



Emotional Regulation for Parenting Young Children 0 - 6

This workshop for parents of children 0 – 6 is designed to:

- Teach relationship-based approaches and strategies to manage intense emotions
- Help caregivers understand the connection between development and emotional regulation
- Explore how caregivers can support their young children with emotional regulation

MENTAL HEALTH WORKSHOP DESCRIPTIONS

Top Tips for Improving Behaviours



This workshop for parents of children 0 – 18 is designed to give you 10 tips to help manage your children's behaviour. We will review a variety of tools and strategies and provide examples of how these can be implemented at home.



What's Important to Know About ADHD

This workshop for parents of children 6 – 18 is designed to:

- Teach what ADHD is
- Dispel myths about ADHD
- Discuss strategies that can assist children diagnosed with ADHD



Thank You



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maltbycentre.ca



613-546-8535



reception@maltbycentre.ca